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HOW TO KEEP YOUNG

In an article on long life, Haskin reaches the conclusion that there is no fixed rule of living, other than the observance of the general rules of sanitation, which will prolong life. But he observes that modern living is extending the average life. When the Pilgrim fathers landed on this continent, the average length of life was 20 years. At the time of the civil war it was 40, and now it is placed at 50 years.

Haskin, in commenting on the stretching of the life line, says: Improved sanitation and scientific war on mosquitoes, flies and rats are recent developments which are making life safer. So are antitoxins, vaccination, anesthetics, antiseptics and public health education. But along with our firmer grip on Father Time's coat tails, we are developing an unprecedented amount of old age diseases. The public health service reports that never before has there been so much heart trouble, cancer, chronic Bright's disease and artery troubles, largely because never before have there been so many elderly people.

In time, no doubt, we will attack these diseases systematically in youth, when they start. It was found recently, for instance, that 20,000 school children in New York City have evidences of heart disorder, and this knowledge has led to special attention to their teeth and tonsils, diet and exercise. One-fifth of the deaths over forty years are due to heart failure, though a large proportion of heart trouble is preventable, or curable if taken in time.

It is a well known fact that old age is usually accompanied by hardened arteries, stiff joints, loss of faculties, and general debility. But these conditions do not inevitably occur. Thomas Edison who is 73 and who hopes to live to see 150 says that because he sticks to a spare diet his arteries are as soft as in boyhood. Most of us have known people of more than 80 years who were more spry and mentally alert than others of 60. These people seem to offer greater resistance to disease, due to a stronger constitution and healthy habits of life.

WAR AND STARVATION

After a long period of embargo, the United States has taken off trade restrictions with soviet Russia, and from now on, American business houses may trade with the Russians by obtaining a license from the state department.

When Russia flew off on a tangent and became a nation of outlaws, the allied countries closed the doors to traffic with the former followers of the czar, hoping to help restore some form of government which might be trustworthy.

For more than a year, the soviet government has been in possession of the machinery of government and during that time the nation has been brought under the mastery of a small group of men. In the meantime awful crimes have been committed and in the larger cities the people are starving. This is the information brought out by visitors who have been allowed to travel through the country.

Up to six months ago foreigners were given little or no protection. The rights of other nations were not respected, and as a result, nearly every foreign government refused to acknowledge by any official act that the soviet government was worthy of confidence.

Of late the soviet has been gaining a greater hold on the people and the bolsheviks have been beating down opposition in the field of battle and it may be that soon the flames of civil war and anarchy will die down and permit business with the outside to be conducted on the basis of honorable dealing.

Russia of all countries has suffered most from the war. Having sacrificed millions of lives in battle, the people of that unhappy country have yielded up other millions to internal discord in which starvation has played the principal part of slayer.

No country was ever so wretched as Russia.

CITIES WITHOUT POWER TO ACT

When the traction company operating in Murray, Utah, raised the rate of fare, the city commissioners passed an ordinance revoking the company's franchise, claiming the traction concern had violated the provisions of the franchise.

On Wednesday, the state supreme court denied Murray the right to revoke the license. The decision was to the effect that while a city has the right to grant a franchise to a traction company to operate over its streets and can determine conditions in connection with granting of the franchise and can prescribe limitations under which the privileges may be exercised, the city has no power to regulate the rate of fare charged by the operating company, that being left exclusively to the public utilities commission.

The last legislature gave to the public utilities commission extraordinary powers, including the right to regulate street car fares, telephone charges and electric light rates, and cities are left helpless in dealing with those public utilities except by appeal to the state board. A movement is under way by which it is proposed to allow home rule to cities, and thereby take them out from under the commission. Otherwise the public utilities board is in position to deny redress from any form of abuse of franchise which may be inflicted on the communities by the street railway, telephone, or electric light companies.

LINING UP THE PARTISANS

Henry Watterson has been off on a sulk for a number of years. He never was in sympathy with Bryan and only indifferently supported Wilson. But on Tuesday he sent a message of congratulation to Governor Cox expressing warm admiration and a determination to help. Cox was pleased.

Then Senator Harding was informed that Hiram Johnson would support him, and Harding was pleased.

Strange how these old-timers find their way back home.

Even Taft, one of the authors of the league of nations, has sent word that the Taft family is for Senator Harding.

The party leaders have two to hear from. On the Republican side is Borah, who, no doubt, will be guided by the decision of Senator Johnson. On the Democratic side is Bryan—the irrepresible Bryan. The Nebraskan will be lonely and forlorn if he cannot edge into the campaign without hanging his clothes on a hickory limb, preparatory to getting "wet."

Observe the liberal flow of flattery which comes from the headquarters of both parties as a prodigal returns. The campaign managers in bestowing praise are as clever as a male flirt in appealing to the vanities of a confiding maiden. This is the season of beguiling.

PROFITEERS ARE INDICTED

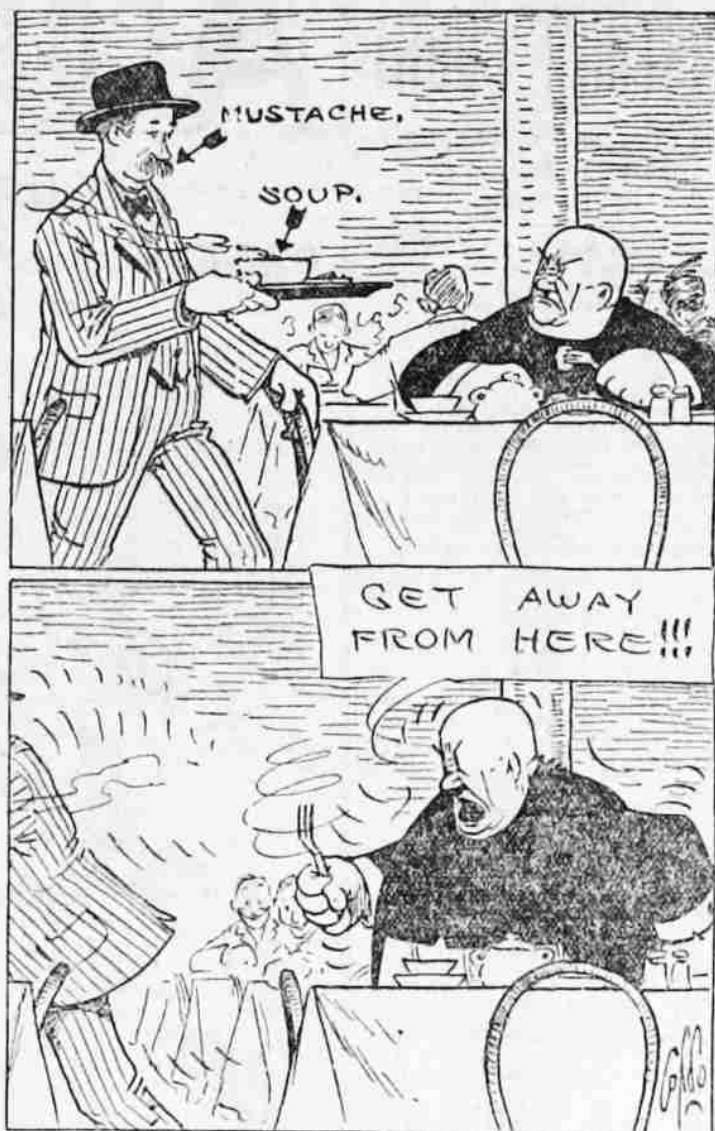
There should be a wave of alarm sweep over the country with the news that the big packing companies and a sugar company have been indicted by a federal grand jury for profiteering.

Indictments were returned when the jury found that the meat companies bought New Zealand lambs at 9 cents and sold the same at over 25 cents a pound; and also bought beef at 10½ cents a pound and turned it over at a profit of 6½ cents.

Included in the list of those indicted is a sugar concern that sold for 24 cents sugar which cost it 16 cents.

If this is profiteering and an offense against the laws of the land, federal grand juries all over the nation have a multitude of offenders to bring before the bar of justice.

OUTBURSTS OF EVERET TRUE



DR. VANCE'S DAILY ARTICLE

By DR. JAMES I. VANCE

Where do things come from? I wonder. I can trace the sea to the river and the river to the brook and the brook to the spring, but where does the spring come from? They say it comes from the sky, but what is above the sky? I wonder.

Where do the trees come from? They tell me from other trees, and these in turn from trees, and so on back through the world's forest to the first tree that shook its branches at the stars and sun. But how did the first tree come to be? I wonder.

Where do the flowers come from, and where do they get their wondrous forms and gorgeous hues? They tell me that tendency is the sculptor who fashions the butterfly and the hyacinth. But what is behind tendency? I wonder.

Where does time come from? We can trace its footprints back six thousand years to the dawn of history, back six millions years by the record of the rocks to the rise of order out of chaos, back six billions years by links of logic to the high hour when existence emerged from eternal night, back through myriads of cycles, until imagination folds its wings and feels worn out in flight, to when from old eternity's unending orb there was cut off and flung beneath the skies, but what back of eternity? I wonder.

Where does space come from? The telescope breaks up the Milky way and shows us lanes that lead out into star depths so far removed that light which has been traveling toward our world since time began has not reached us yet. Away off there imagination builds a wall, and says: "This wall is the boundary of space." But what is beyond the wall? I wonder.

Where does life come from? We can watch it perform it, but we cannot originate life. We can match its processes, but we cannot discover its secret. We can trace life back to a protoplasmic cell, but what is behind the cell? They speak to us of electrons—mere words to cover up ignorance. What is behind electrons? I wonder.

What harnesses electricity to law and law to nature and nature to life and life to conduct and character, and these to civilization, and civilization to the one far off divine event toward which the whole creation moves? Where does love come from, and reason, and volition, and faith, and hope, and all the rest? I wonder. I cannot keep from wondering. I wonder where things come from, and as I wonder, faith lights its torch.

TODAY IN HISTORY SLIGHTLY JAZZED



On July 8, 1115, Peter the Hermit died, just 805 years ago today. Peter is best remembered as the man who started something that he couldn't finish. He was an anchorite in northern France when he took a trip to Jerusalem. There he conceived the idea of liberating the Holy City and came back to Europe to call for volunteers. Soon he and 100,000 others were on their way to Jerusalem without even a change of socks. They thought Providence would provide.

When they got to the Hungarians and Bulgarians they struck a snag. The result was highly lamentable from the viewpoint of the Hermit's followers. However, eventually, they got to the Holy Land, where the Turks had them for breakfast, 200,000 being lost in all, for another army or two by this time had been lured away from the farm by Peter's reputation.

Peter escaped and afterwards was present when Jerusalem was taken by a real army of European soldiers.

This was the First Crusade. Peter started it; he had to have help at the finish.

BUBONIC PLAGUE IS REPORTED IN FLORIDA

PENSACOLA, Fla., July 8.—The fourth case of bubonic plague was officially reported here today. Henry Hudson, driver for an express company, having contracted the disease. Citizens at a mass meeting today demanded that the city commission pass an ordinance providing for rat extermination. Mayor Sanders said the ordinance would be enacted as quickly as possible. Word came from the surgeon general's office in Washington that unless rats are killed the city would be placed under quarantine.

HEALTH

BY UNCLE SAM, M. D.
Health Questions Will Be Answered If Sent to Information Bureau, U. S. Public Health Service, Washington, D. C.

"THE BENDS"

Q. What causes the disease known as "the bends?"

A. "The bends" is a common name for "caisson disease"; also known as "compressed air illness." In the iron caissons employed in subaqueous and tunneling excavations, the workmen are exposed to atmospheric pressures two to three and a half times greater than that of the ordinary atmosphere. In order to work at these pressures, the men in passing into the caisson are subjected to gradual increments of pressure in the adjoining air-lock. They undergo what is known as "compression."

Men who are beginning work for the first time, often experience during compression severe pain in the ears, and become giddy. As these symptoms are due to excessive pressure upon the ear drum, they are averted by swallowing air and allowing it to pass up the Eustachian tube. After finishing their work, the men, before returning to the outside, undergo in the air-lock "decompression."

It is after emerging from the air-lock that the typical symptoms of caisson disease arise, viz., severe pains in the muscles of the limbs and trunk, known as "bends," paralysis of the lower extremities and of the bladder, requiring the use of the catheter. Other minor symptoms, such as headache, vomiting, epistaxis, haemoptysis, and restlessness, usually disappear with rest in bed.

Since the more serious symptoms depend upon the sudden disengagement of gas in the blood and tissues, or in other words, upon frothing of the blood owing to a rapid fall of pressure, experience has shown that the most successful treatment is to place the men back again in the air-lock, to compress them slowly, and then very gradually to decompress them.

Pleanty of time should be spent in the act of decompression—five minutes to each atmosphere being a good average.

SPANKS BABY WITH AX HANDLE; JAIL

MEMPHIS.—Because she spanked her baby with an ax handle, Mary Johnson, negro, is in jail here.

STATE AND IDAHO NEWS

Latest Items of Interest From Utah and Gem State

MEXICAN KILLED IN PISTOL DUEL

Officers Raid Shack and Attempt to Arrest Gamblers With Fatal Result

BURLEY, Ida., July 8.—During a gambling raid yesterday by the police, Pedro Rodriguez, 26, was killed and Y. Tiscarino, 40, was wounded. The raid was centered on a Mexican shack in the western part of the city and was conducted by Officers Ben Fenn and Russell Stoddard.

The officers say they had information that gambling was being carried on in the shack and when they entered the door and informed the six Mexicans they were under arrest, one of the men opened fire with an automatic pistol and the lights were extinguished. Three shots were fired in the room, none of which took effect.

The officers left the building and shortly afterward Fenn saw Rodriguez making his exit through a window. The Mexican ran across a lot, it is said, and a pistol duel followed, in which Rodriguez was killed instantly, a bullet having pierced his spinal column between the shoulder blades, emerging at the front of the chest.

Meanwhile, according to the officers, another pistol duel was being fought by Officer Russell and Tiscarino near the railroad tracks north of the shack. Both fired until they exhausted their ammunition.

When other officers arrived on the scene they made a search for the Mexican. About three hours after the encounter they found Tiscarino near the railroad tracks with a bullet hole through the calf of his left leg and the bullet broken. Although badly wounded, he had dragged himself about 150 rods from the place where the encounter took place. Four other Mexicans were arrested in the raid.

BOY KILLED BY 'UNLOADED' GUN

Revolver Snaps Several Times Before Fatal Discharge at Meridian

POCATELLO, July 8.—Clarence Edward Shaver, 12, was killed by his brother in an aiming and firing play they were conducting at Meridian on July 5, when the gun supposed to be unloaded was discharged. The revolver had been snapped several times and both thought the chamber empty, when the elder brother aimed at the younger's brother's heart killing him instantly. The boys are sons of Mr. and Mrs. D. H. Shaver.

Salt Lake Children Succumb to Burns

SALT LAKE CITY, July 8.—Daisy Snyder, aged 5, daughter of Mrs. E. H. Snyder, 625 Fifth avenue, died at a local hospital here yesterday afternoon as the result of burns received July 5.

The child's dress caught fire when she struck a match to light a sparkler. Mrs. Snyder rushed to the aid of her daughter wrapping a blanket around her thus smothering the blaze. She was rushed to St. Mark's hospital, where she became unconscious. For a short time yesterday she regained consciousness, but later lapsed into a delirium and died. This is the second death as the result of sparklers. Jacqueline Anderson, 7, daughter of C. M. Anderson, died Tuesday morning from burns received when her dress caught fire.

CITY HAS NO POWER TO REGULATE FARES

SALT LAKE CITY, July 8.—For the second time the supreme court of Utah decided yesterday that a city has no power to regulate the rate of fare charged by a traction company, that being left exclusively to the public utilities commission.

Murray City on March 23, 1909, granted to the predecessor of the Utah Light & Traction company the right to construct and operate a street railway through the city. Later on, May 8, 1919, the board of commissioners of the city of Murray passed an ordinance revoking the franchise granted the Utah Light & Traction company and its predecessors, the revoking ordinance among other things designating what rate of fare should be charged for the transporting of passengers through the city of Murray and to and from Salt Lake, stipulating that no more than one fare to be charged for the service. Other provisions are also provided. The chief consideration, it is stated, for the granting of franchise was the agreement upon the part of the traction company to transport passengers over its line at the rate of fare stipulated in the ordinance.

POSTPONE HEARING ON AUTO LINE TO OGDEN

SALT LAKE CITY, July 8.—The petition of Wedgwood and Boyd for permission to inaugurate a freight line by automobile between Salt Lake and Ogden has been continued by the public utilities commission of Utah for hearing until August 15.

POTATO GROWERS TO FORM ASSOCIATION

POCATELLO, July 8.—Potato growers of the Caldwell section will convene with the growers of southeastern Idaho in a mass meeting July 9 for the purpose of organizing a potato growers' association.

OFFICER GETS BLAME FOR ACT

Army Council Returns Verdict on Killing of Hundreds at Amritsar in India

LONDON, July 8.—An army council, after having considered a report of the Hunter investigating committee and a long statement submitted by Brig. Gen. R. E. P. Dyer, concerning Dyer's action in ordering troops to fire into a crowd of Indians at Amritsar, in the Punjab, upheld the commander-in-chief in India for removing Dyer as commander in the Punjab and from holding any further army position in India, according to an announcement made by Winston Spencer Churchill, secretary for war, in the house of commons. The council also upheld the commander-in-chief in declining to grant Dyer further promotion and in his reduction of the pay of Dyer to one-half.

"Dyer cannot be acquitted on an error of judgment," observed Mr. Churchill.

Several hundred persons were killed when the troops fired on the Indians at Amritsar last April and many hundreds were wounded.

SUGAR CO. VALUATION INCREASED \$10,000,000

SALT LAKE CITY, July 8.—The board of county commissioners in its final session as a board of equalization yesterday increased the assessed valuation of the Utah-Idaho Sugar company holdings from \$21,225 to \$31,225.

The \$10,000,000 that was added to the valuation as fixed by James E. Lynch, county assessor, is intended to cover "intangible assets" of the company. At the conclusion of the hearing yesterday, M. C. Iverson, county auditor, was instructed to notify officials of the company of the change in assessment.

County tax rolls have been turned over to Mr. Iverson and his office is engaged in totaling the books.

Decision to add \$10,000,000 to the Utah-Idaho Sugar company holdings was reached after several lengthy hearings before the board of equalization. The company was cited to show cause why the addition should not be made a week ago. At that time, the hearing was continued to yesterday.

COMMISSION TO LOOK OVER BRIDGE SITUATION

SALT LAKE CITY, July 8.—Harden Bannion, secretary of state, Joseph R. King, state auditor and Dan E. Shields, attorney general, will go to Cache Valley Friday afternoon as a committee from the state road commission to look over the situation in regards to two bridges this side of Logan near the state highway.

PREXY RESIGNS.
CHICAGO, July 8.—Dr. J. Lynn Harold Hough has tendered his resignation as president of Northwestern university. Oliver T. Wilson, president of the board of trustees, announced in a letter to the board announcing his decision, Dr. Hough said that "the duties of the presidency demand more in the way of physical resources than I can bring to the task." Dr. Hough was named president a year ago.

FEMAND "WHISTLE"
Reg. U. S. Pat. Office
"Hoot the Substi-toot"



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IMAGINE cooking on a beautifully clean electric range while an electric fan blows crisp mountain breezes through the kitchen!

There are undeniable advantages to cooking on an electric range: It is cool—all the heat is concentrated on the cooking. And it is clean—there are no smudgy pots and pans to scour, no ashes to clear up, no coal to carry, no fire to fuss with.

Add to these its practical advantages—the economy of the labor saved and the perfect cooking it achieves—and you will easily see why thousands of women now cook entirely on electric ranges. There is an electric range for every kitchen—every purse. Come in and let us explain our easy payment plan and special fuel rate.

While you are in select an electric fan. It "shoo away" both flies and "that tired feeling!"

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LIST OF COUNTRY STORES

Salt Lake	Garland	UTAH	Lehi	American
Ogden	Logan	Bingham	Midvale	Park
Provo	Park City	Eureka	Pleasant Grove	

Rexburg	IDAHO	Ribby
St. Anthony	Idaho Falls	Montpelier
Ashley	McCammon	